



# EFFECT OF BRISK WALKING ON THE PHYSICAL AND PHYSIOLOGICAL FITNESS OF THE INACTIVE ADULTS

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## ABSTRACT

Modern technology has made life style luxurious and hence people are addicted to it, many old days' chores are performed very easily with the help of machines and technological advancement hence it has affected everyone's life making us inactive up to certain extent. In ancient time man was doing all his work using his own bodily powers. He was walking long distances to get the thing as well as do all his work physically which was keeping all the people healthy. Effect of brisk walking on the Physical fitness and Physiological fitness of the inactive adults.

Methodology of the study 100 adult were divided into two groups of in to five groups in each group there will be only 50 inactive male adults each one. The purpose of the study was to find out the effect of brisk walking on the Physical and Physiological fitness of the inactive adults.

With the help of physical work the people can maintain their health and fitness, but inactive life style decreases the fitness and the health is jeopardized. The process of aging of the working parts of the body is perfectly natural. Walking is the most efficient form of exercise and the only one that a person can safely follow for a lifetime. Walking gives a feeling of muscular strength by toning major muscles. Walking counteracts feelings of fatigue. Walking improves circulations by

**KEYWORDS:** Brisk Walking, Physical Fitness, and Physiological Fitness

## INTRODUCTION

### Statement of the problem

Effect of brisk walking on the Physical fitness and Physiological fitness of the inactive adults.

### Significance of the study

1. The study will be significant because the effect of brisk walking on physical fitness of the inactive adults will be known.
2. The study will be significant because suggestions to the adults will be given to change the life style to improve their physical fitness and physiological fitness and health.

### Purpose of the study

The purpose of the study was to find out the effect of brisk walking on the Physical and Physiological fitness of the inactive adults.

### Hypothesis

It was hypothesized that significant effect of brisk walking on the Physical and Physiological fitness of the inactive adults.

### Delimitation

The present study was delimited in the following aspects

1. The study will be delimited to inactive adults.
2. The inactive adults selected will be only between the age 50 to 65years.
3. The selected male adults will be divided only in 2 groups.

4. In each group there will be only 50 inactive male adults.

### Limitation

1. The other exercises adults do will not be known.
2. The diet adults take will not be known to the scholar.
3. The scholar will not know socio-economic status of the adults

## METHODOLOGY

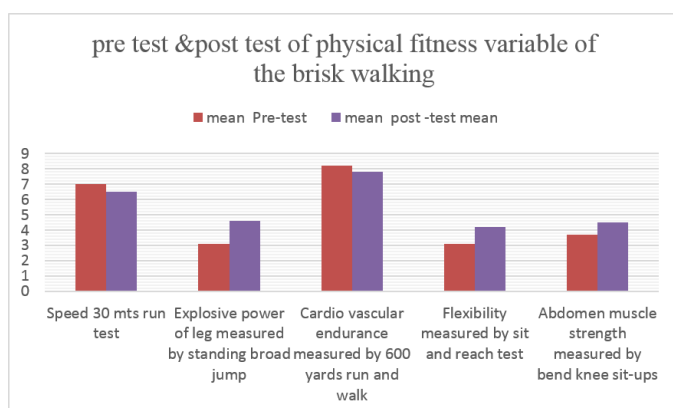
The present investigation was carried out on inactive male adults in the age group 50 to 65years at Amravati.

### Procedure of data collection

All the 100 adult were divided into two groups of in to five groups each one. 5 physical education assistants for taking brisk walking for the brisk walking groups. The physical fitness variables selected by the scholar were speed, cardiovascular endurance, leg strength explosive power of leg, flexibility and agility these five physical fitness were the source of data. physiological variables the scholar selected. Body Mass Index (BMI), Waist Hip Ratio (WHR) blood pressure, breath holding capacity of the lungs and resting pulse rate, these were the physiological variables selected by the scholar as the source of data. The physical fitness variables test were conducted before the start practice the pretest of physical fitness and physiological fitness variables were conducted by approved tests and pre data were collected and post data was also collected after the 3 months practice.

No.	Physical fitness variables	Pre-test		Post-test		Cal 't'	Tab 't'
		mean	SD	mean	SD		
1	Speed 30 mts run test	7	2.1	6.5	3.8	1.26	insignificant
2	Explosive power of leg measured by standing broad jump	3.1	1.4	4.6	2.1	6	2.6 at 0.01 level 99 df significant
3	Cardio vascular endurance measured by 600 yards run and walk	8.2	3	7.8	2.9	0.97	1.9 at 0.05 level insignificant
4	Flexibility measured by sit and reach test	3.1	1.7	4.2	1.9	5.5	2.6 at 0.01 99 df significant
5	Abdomen muscle strength measured by bend knee sit-ups	3.7	1.5	4.5	1.8	3.47	2.6 at 0.01 level 99 df significant

**Table no. 1 Pre-test scores and post-test scores of the physical fitness variables of the brisk walking group.**



The above table number 10 indicates the calculated value of 't' and tabulated 't' of physical fitness variables of brisk walking group speed calculated 't' is 1.26 whereas the tabulated 't' at 0.01 level of significance is 2.6 and at 0.05 level of significance is 1.9 therefore that proved that there is no significant effect on the speed variable of brisk walking group. The second variables explosive power of legs measured by standing broad jump 't' value between pretest and post-test score is 6 whereas the tabulated 't' is 2.6 at 0.01 level of significance and 99 degree of freedom that proves the brisk walking effect on explosive power of legs is positive.

The third variable was endurance measured by 600 yards run

and walk test the calculated 't' value between pretest scores and post test scores is 0.97 where as the tabulated 't' at 0.01 level 2.6 and 1.9 that proved that there is no significant effect on the endurance by brisk walking.

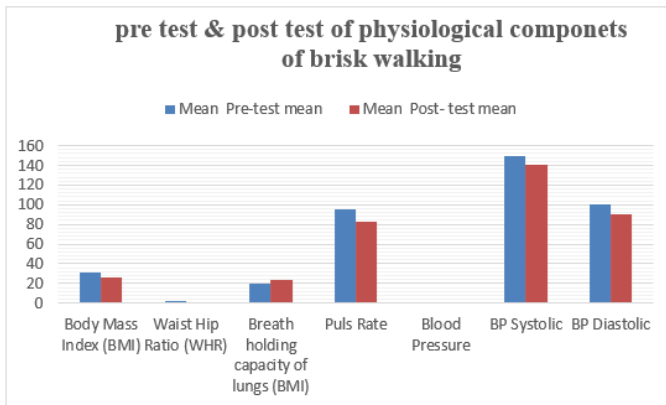
The fourth variable was flexibility which was measured by sit and reach test the 't' value between the pretest scores and post test scores is 5.5 where as the tabulated value of 't' is 2.6 at 0.01 level of significance and 99 degree of freedom. That proved there is positive significant effect on the flexibility of brisk walking group by three months practice of brisk walking.

The 5th variable was abdomen muscle strength measured by bend knee sit-ups the calculated 't' value is 3.47 where as the tabulated value of 't' is 2.6 at 0.01 level of significance and 99 degree of freedom that proved that there is positive significant effect of brisk walking on abdomen muscles strength.

Hence it is concluded that there is positive significant effect on of brisk walking on explosive power of leg muscle strength flexibility and abdomen muscle strength flexibility and abdomen muscle strength but there is no effect on speed and endurance of true brisk walking on adults.

No.	Physiological components	Pre-test		Post-test		Cal 't'	Tab 't'
		mean	SD	mean	SD		
1	Body Mass Index (BMI)	30.7	3.8	26.2	3.8	8.33	2.6 at 0.01 level 99 df
2	Waist Hip Ratio (WHR)	2	0.87	1.2	0.88	6.66	2.6 at 0.01 level 99 df
3	Breath holding capacity of lungs (BML)	19.2	5.7	24.2	4.2	7.4	2.6 at 0.01 level 99 df
4	Puls Rate	95.2	4.2	82.5	3.5	23.57	20.6 at 0.01 level
5	Blood Pressure	100-150		90-140			B.P reduced from High BP
	BP Systolic	150		140			
	BP Diastolic	100		90			

**Table no.4 Pre-test and Post-test means and standard deviation and calculated 't' and tabulated 't' physiological components of brisk walking group.**



The above table number 12 indicates the 't' value between the Pre-test and post-test scores means to represent the effect of 3 month brisk walking practice on physiological variables of adults. Calculate 't' value between pre-test mean and post-test mean is 8.33. whereas the tabulated 't' is 2.6 at 0.01 level of significance and 99 degree of freedom that proved that there is positive significant effect of brisk walking 3 months practice improved the Body Mass Index (BMI) of adults and their body weight reduced due to brisk walking. The second variable of physiological variable is Waist Hip Ratio (WHR) the calculated 't' value between pre-test mean and post-test mean is 6.66. Whereas the tabulated 't' is 2.6 at 0.01 level of significance and 99 degree of freedom. Hence it is concluded that there is positive significance effect of brisk walking on Waist Hip Ratio (WHR) of adults. The third physiological variable was breath holding capacity of lungs the calculated 't' value between pretest mean and post-test mean is 7.4. whereas the tabulated 't' 2.6 at 0.01 level of significance and 99 degree of freedom that proved that there is positive significant effect on breath holding capacity of lungs the adults. Hence it is concluded that there is improvement in lung capacity of the adults due to 3 months brisk walking practice. The fourth variable of physiological variable was pulse rate. The calculated 't' between Pre-test mean and post test mean is 23.57 whereas the tabulated 't' value is 2.6 at 0.01 level of significance and 99 degree of freedom. Hence it is proved that there is positive significant effect on the pulse rate of 3 months brisk walking practice. The fifth physiological variable was blood pressure the mean of systolic and diastolic blood pressure mean was 150-100 after 3 month brisk walking practice the blood pressure reduced to systolic and diastolic to 140-90 that proved that there is positive significant effect on the blood pressure of adults due to practicing brisk walking. The above discussion proved that the effect of brisk walking on the physiological variables is positive and the health of adults improved.

## CONCLUSIONS:

The effect of brisk walking practice on speed of the adults was positive significant and the speed of running of adult's increase. Due to brisk walking the explosive power of legs. Due to brisk walking practice of 3 months the cardiovascular endurance of the adults increased Due to brisk walking practice of 3 months flexibility of adults increased. Due to brisk walking practice of 3 months duration the abdomen muscle strength of adults increased. Due to brisk walking practice for 3 month duration total physical fitness of adults increased.

Due to brisk walking practice for 3 months the body mass index of adults reduce and adults lost their weight Due to brisk walking practice of 3 months duration the waist hip ratio reduce to normal the fat deposited a the waist region of body of adults reduced and due to that Waist Hip Ratio reduced. Due to brisk walking for 3 months the breath holding capacity of lungs increase and lungs became healthy. Due to brisk walking practice the pulse rate of adults decreased and the pumping rate of heart reduced the heart became health The blood pressure of adults reduced due to brisk walk practice for 3 months duration and adult's blood pressure reduced to normal.

Over all it is concluded that due to brisk walking for 3 months the physiological fitness increased and that helped adults to in the health of the adults.

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